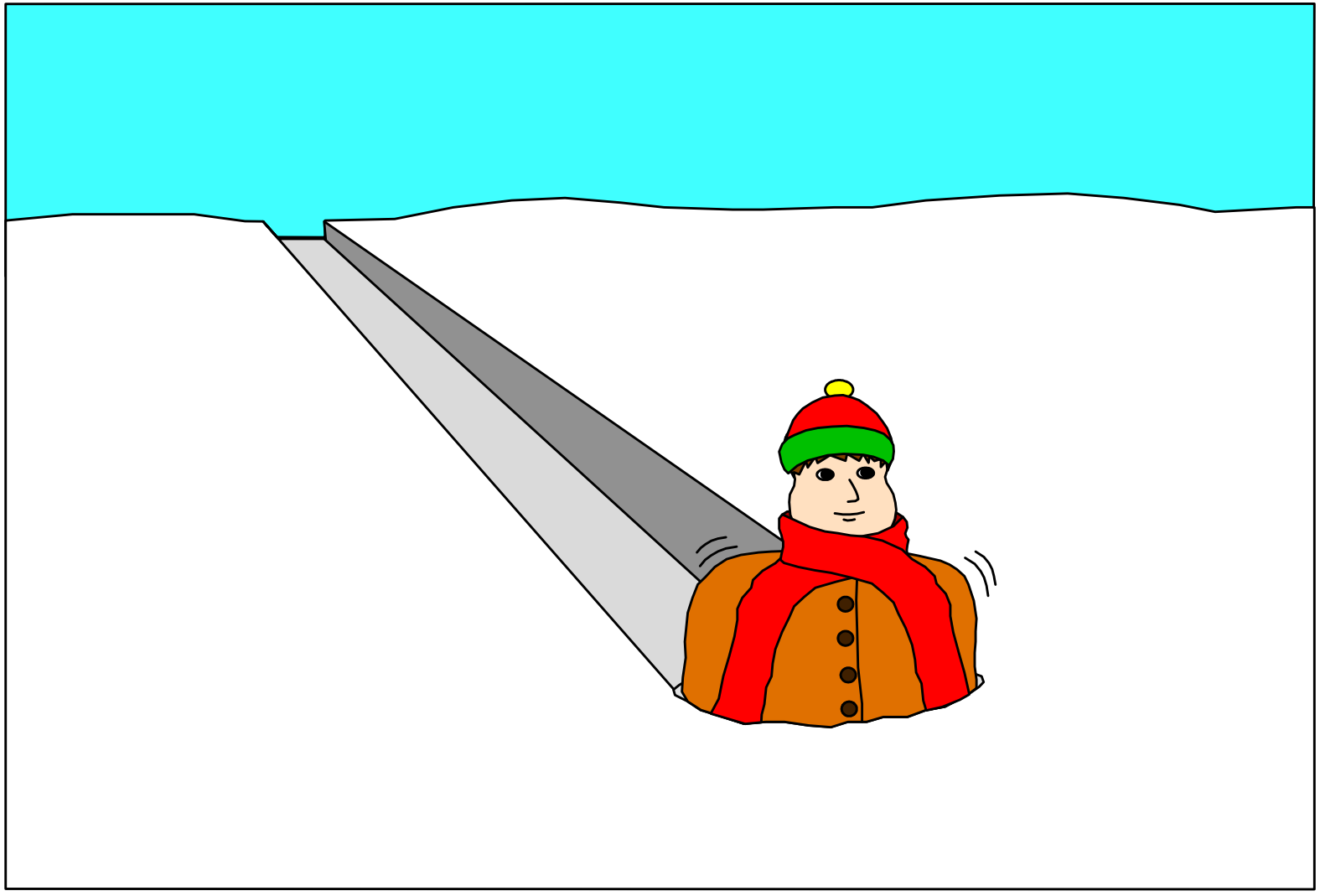

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SIGNS AND SYMPTOMS

CHILBLAIN

- Prolonged exposure of bare skin 60°F to 32°F, or 20°F (acclimated, dry skin).
- Swollen, red, tender, and hot with itchy skin.
- May lead to infected, ulcerated, or bleeding lesions.

SIGNS AND SYMPTOMS

FROSTBITE

- Exposure to cold 32ºF or below.
- Loss of sensation or numb feeling.
- Whitening of skin; momentary tingling.
- Red or gray color.
- Blisters.
- Swelling or tender areas.
- Loss of pain in affected area.

* Pale, yellowish, waxy-looking skin.
* Frozen tissue feels solid or wooden.

SIGNS AND SYMPTOMS

IMMERSION /TRENCH FOOT

Fairly long exposure to cold 50ºF to 32ºF.

First Stage

- Affected area feels cold & painless.
- Pulse is weak.
- Numbness.

Second Stage

- Limbs feel hot & burning.
- Shooting pains.

Later Stage

- Area pale with bluish cast.
- Pulse decreased.
- Other – from blisters, swelling to gangrene.

SIGNS AND SYMPTOMS

SNOW BLINDNESS

- Sensation of grit in the eyes.
- Watery eyes.
- Redness (eyes).
- Headache.
- Increased pain with exposure to light.

SIGNS AND SYMPTOMS

EARLY HYPOTHERMIA

- Shivering.
- Faint pulse.
- Drowsiness & mental slowness
- Stiffness and lack of coordination.
- Slurred speech.

SIGNS AND SYMPTOMS

MODERATE HYPOTHERMIA

- Glassy eyes.
- Slow and shallow breathing.
- Very weak, or absent, pulse.
- Increasing stiffness and lack of coordination.
- Unconsciousness.

SIGNS AND SYMPTOMS

SEVERE HYPOTHERMIA

- Frozen extremities.
- Irregular heart action.
- Sudden death.

Hypothermia--

- Is a medical emergency.
- Evacuate to medical treatment immediately.

SIGNS AND SYMPTOMS

COLD WEATHER DEHYDRATION

- Mouth, tongue, throat are parched and dry.
- Swallowing is difficult.
- Nausea.
- Extreme dizziness and fainting.
- Tired and weak feeling.
- Muscle cramps.
- Focusing of eyes may be difficult.

FIRST AID TREATMENT

CHILBLAIN

1. Rewarm the injured body part.
2. Do NOT rub or massage.
3. Evaluate by medical personnel.

FIRST AID TREATMENT

FROSTBITE

***WARNING*: Do not attempt to thaw the casualty's feet or other seriously frozen areas if the casualty will need to travel for medical treatment and there is a chance of the injury refreezing.**

FIRST AID TREATMENT

FROSTBITE

1. Warm the affected area.
2. Keep the casualty warm.
3. Seek medical aid as soon as possible.
4. Cover injury with a blanket.
5. Loosen or remove tight clothing.
6. Exercise, avoid trauma, thawing pain.
7. Protect from additional injury.

FIRST AID TREATMENT

IMMERSION/TRENCH FOOT

1. Gradually rewarm.
2. Protect from trauma.
3. Use dry clothing or layers of coverings.
4. Elevate affected part.
5. Protect from further injury.
6. Seek medical treatment (evacuate).

FIRST AID TREATMENT

SNOW BLINDNESS

1. Cover/protect eyes.
2. Seek medical treatment (evacuate).

FIRST AID TREATMENT

HYPOTHERMIA

This is a ***MEDICAL EMERGENCY!***
Prompt medical treatment is necessary.

FIRST AID TREATMENT

EARLY/MODERATE HYPOTHERMIA

1. Provide heat.
2. Call or send for help.
3. Remove wet clothing.
4. Place in dry clothing/sleeping bag.
5. Move to warm place.
6. Evaluate other injuries.
7. Evacuate to medical treatment facility.

FIRST AID TREATMENT

SEVERE HYPOTHERMIA

1. Start rescue breathing if breathing has stopped.
2. Give warm liquids if conscious.
3. Evacuate the casualty.

FIRST AID TREATMENT

DEHYDRATION

1. Keep warm.
2. Loosen clothes.
3. Provide shelter.
4. Give fluids.
5. Seek medical assistance.

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